OSCAR CALLING

WILL IT BE BEASTS OF THE SOUTHERN WILD OR MEGA-MUSICAL LES MIS? IT'S NOT TOO EARLY TO START THE OFFICE POOL FOR WHO GETS THE NOD IN 2013 PAGE 17

VANCOUVER metro®

Tuesday, November 6, 2012

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p: Eric Berger

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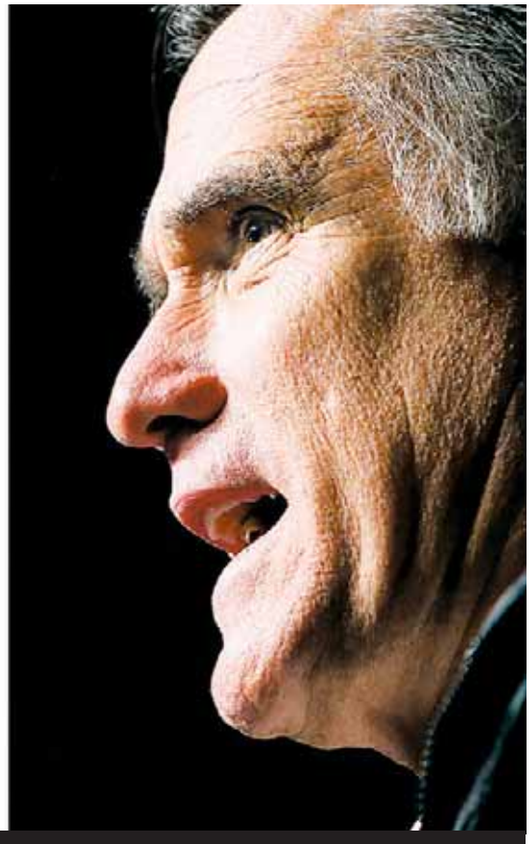

DECISION DAY IN U.S.A.

Americans go to the polls today to either re-elect President Barack Obama or replace him with Republican presidential candidate Mitt Romney. **Coverage, pages 3 & 10.** CHIP SOMODEVILLA AND JUSTIN SULLIVAN/GETTY IMAGES

Pair critical after drugs swallowed, say RCMP

YVR. Teens were headed for Australia when they were halted at airport

Two Lower Mainland teens remain in critical condition after apparently ingesting drugs before going through customs at Vancouver International Airport early Sunday, according to Richmond RCMP.

The 17- and 18-year-old males intended to fly from YVR to Australia, but border guards stopped them for suspicious behaviour on their way through customs, Sgt. Cam Kowalski said Monday. Both teens were then taken to hospital.

The RCMP can't confirm speculation that the teens ingested significant amounts of cocaine since officers haven't been able to question them, Kowalski added.

"In the past some people swallowed containers, but if the container fails, you have ingested a quantity of drugs that is not for personal use," he said. "It's dangerous business. It's extremely dangerous to do that."

The RCMP, who are responsible for policing drug possession and trafficking, will handle the investigation.

"Hopefully it was just a one-time bad decision and they recover," Kowalski said.

EMILY JACKSON/METRO

Questions arise in giraffe death

Vancouver Zoo's record comes under scrutiny with third giraffe lost in a year PAGE 6

Side dish gets the spotlight

Wild-and-brown-rice pilaf PAGE 20

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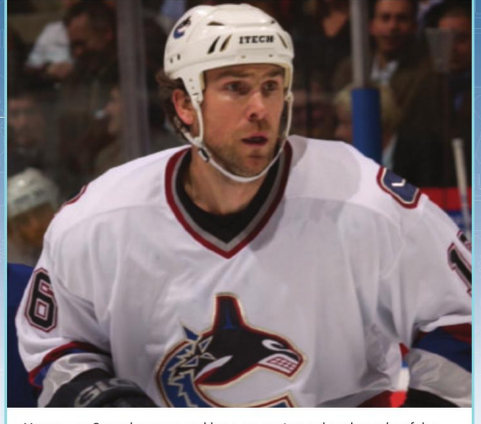

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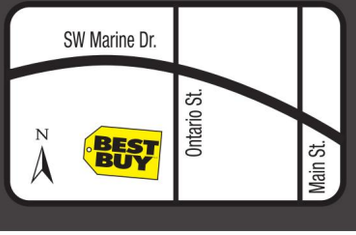

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Election day

Abroad base: Americans in BC gearing up to vote

The border won't stop Americans living in B.C. from partaking in presidential-election frenzy today.

A revamped online absentee-voting system made casting ballots easier than ever for U.S. citizens living abroad, said Maureen Harwood, Vancouver chair of Democrats Abroad.

And considering an estimated 90,000 Americans live in B.C., that's a lot of votes in a down-to-the-wire election between President Barack Obama and Mitt Romney.

But just because B.C. leans to the political left, it's not safe to bet these folks will tip the scales in favour of the Democrats, Harwood said.

Democrats Abroad spent weeks calling every member who lives in a swing state such as Colorado, Ohio and Florida to convince them to vote, she added.

Absentee ballots played a crucial role in sealing Republican George W. Bush's victory in 2000 — he won by 537 votes in Florida.

"Because it's a really close race and the undecideds are very small, absolutely every vote is going to count," said Mark Feigenbaum, chair of Republicans Abroad Canada.

Most members of his organization live in Toronto, and while some Republicans live in Vancouver, Feigenbaum acknowledged the Democrats have a larger base in Canada.

"A lot of people came to Canada in the 1970s. They might relate more closely to Democrat ideology here," he said, alluding to the thousands of Vietnam War resisters that crossed the border.

EMILY JACKSON/METRO

Premier Christy Clark unveils Destination BC, a new industry-led, formula-funded Crown corporation Monday in the hopes of increasing tourism revenue to $18 billion by 2016. PHYLICIA TORREVILLAS/METRO

Clark unveils plan to boost tourism

Destination BC. NDP critic says the Liberals may have missed out on tourism dollars by not acting sooner

PHYLICIA TORREVILLAS
phylicia.torrevillas@metronews.ca

Premier Christy Clark has announced the creation of a new, industry-led Crown corporation to promote tourism three years after the Liberal government's decision to eliminate a similar marketing body.

Destination BC, which begins operating in April, aims to increase tourism revenue to $18 billion a year by 2016, which would be a $4.7-billion increase from last year.

Clark wasn't in office when her predecessor Gordon Campbell scrapped Tourism BC six months before Vancouver hosted the 2010 Olympics.

"When I decided to run for leader, I said, 'Look, we're going to do things differently, I'm going to be head of a government that really listens to people … I can't think of any sector that is better positioned to advise government on how to market our province than the tourism sector," she said Monday, adding the new structure will be more responsive to the tourism industry and accountable to taxpayers.

The premier said the formula-funded corporation will work with the tourism industry to market B.C. as a world-class destination, especially to China and India's expanding middle class.

"They want to travel. They have money to spend. Let's make sure they spend it here in our province," Clark said.

But NDP tourism critic Spencer Chandra Herbert said the province missed out a lot in the last two years because of the government's decision to kill Tourism BC.

"Every Olympic jurisdiction says the time to do the best marketing to grow your tourism business is post-Olympics," he said.

"Other jurisdictions that have done the marketing properly and consistently after the Games have seen growth, while B.C has been pretty much flat."

Taking action

"Finally the government seems to be admitting the error of their ways and they're doing the right thing."

NDP tourism critic Spencer Chandra Herbert

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Dix vows to nix bill allowing health work to be contracted out

Controversial. Dix's promise comes as the Fraser Health Authority plans to contract out workers

KATE WEBB
kate.webb@metronews.ca

NDP Leader Adrian Dix fired up a large crowd at the Hospital Employees' Union (HEU) convention Monday, promising the wipe out the remaining sections of a 2002 bill that allows the government to privatize services and fire workers.

His speech came on the heels of a HEU vote over the weekend that shows 96 per cent of its 46,000 members are in favour of taking job action if contract talks that have been going on since February are not resolved soon.

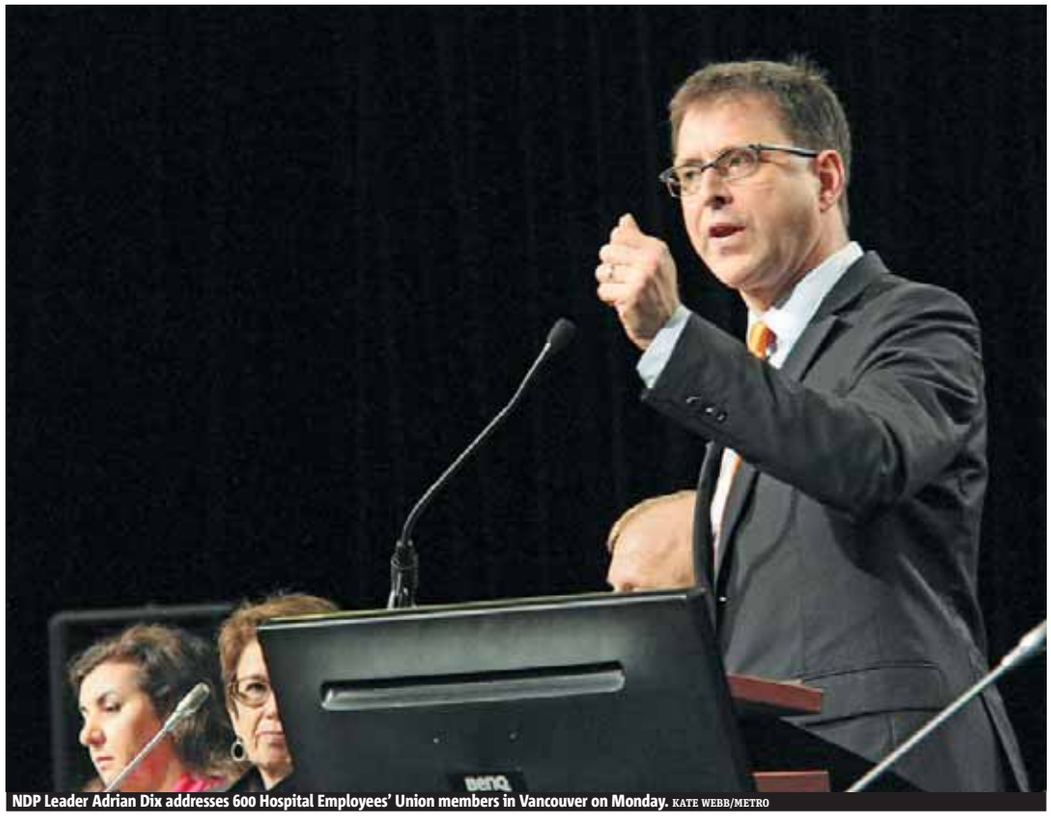
"One of the first acts of an NDP government will be to get rid of what's left of Bill 29," Dix told 600 union members in a ballroom at Vancouver's Hyatt Regency Hotel.

"Bill 29 is bad for our health-care system. It's bad for seniors. It's bad for workers.... Wherever you are in British Columbia, the consequences of a constant turnover of staff on health and the health of seniors is not a good thing, and it's something surely we need to change."

The subject is a particularly touchy one right now since the Fraser Health Authority (FHA) announced last week that 90 health-care workers will be laid off from Burnaby's George Derby Centre, a veterans' residential-care facility. FHA plans to contract out food and nutrition, housekeeping, laundry, clerical and activity workers. The new workers will be replacing many who have been there for more than 20 years and have long-standing relationships with the veteran residents and with their families, according to HEU.

Online

For more local news go to metronews.ca



NDP Leader Adrian Dix addresses 600 Hospital Employees' Union members in Vancouver on Monday. KATE WEBB/METRO

Unions seek to oust foreign workers from mine

Two labour unions want a federal court to overturn temporary work permits issued to Chinese workers at a coal mine in northern British Columbia, arguing that there are unemployed Canadians who could fill the jobs.

Permits have been granted under the federal Temporary Foreign Worker Program to 200 Chinese workers to conduct exploration work at HD Mining International Ltd.'s Murray River mine near Tumbler Ridge, B.C.

The company has said it was not able to find workers in Canada with the specialized skills necessary.

But the court action filed by the International Union of Operating Engineers Local 115 and the Construction and Specialized Workers Union Local 1611 maintains that is not the case.

"There is no evidence of a labour shortage nor is there an absence of suitable Canadian citizens or permanent residents for the jobs," said the application.

It says HD Mining received 300 applications to work at the underground coal mine "despite the fact that HD Mining did not advertise widely and imposed unreasonable and unnecessary requirements on Canadian applicants."

Those requirements have not been imposed on the Chinese workers, the court documents allege. The documents also accuse the company of paying wages to the Chinese workers that are about $10 an hour below the prevailing wages in the industry in Canada, and no benefits.

Calls to officials with the unions involved were not returned.

In a statement, Brian Cochrane, business manager of the operating engineers, said there are 474 miners on their dispatch list who are out of work, 100 of them in northeast B.C.

"There are members in our union who are ready, willing and able to do these jobs," Cochrane said.

The unions say the permits for the Murray River workers were approved in violation of the federal regulations, which stipulate that foreign workers can only be used in situations where a labour shortage exists.

Quoted

"There is no evidence of a labour shortage nor is there an absence of suitable Canadian citizens or permanent residents for the jobs."

As written in the court-action application filed by two labour unions

They want the court to declare the permits invalid. The application also seeks an order preventing Human Resources and Skills Development Canada and Citizenship and Immigration from issuing any further offers of employment or permits to HD Mining until the court matter is resolved.

The mining firm had no comment. HD Mining is a partnership between China-based Huiyong Holding Group, which owns a 55 per cent stake in the mine, and Canadian Dehua International Mines Group Inc.

THE CANADIAN PRESS

Courtenay

Women who allegedly bit man's ear faces charges

Mounties on Vancouver Island say they have arrested a 37-year-old woman who allegedly pulled a flare gun and knife and even bit a man while attempting to shoplift more than $1,000 worth of merchandise from a store.

The incident took place Saturday just before 10 a.m. at a Canadian Tire store in Courtenay, when staff confronted the woman who was allegedly trying to leave without paying for the goods.

Charged with robbery using a firearm and assault is Mandy Lynn Bouzane of Courtenay who remains in custody. THE CANADIAN PRESS

Government employees

Workers vote in favour of contract agreement

British Columbia's 25,000 government workers have given lukewarm endorsement to a new contract reached with the province in September.

Sixty-four per cent of the members of the B.C. Government and Service Employees' Union involved in the talks voted in favour of the two-year pact.

The agreement gives workers a four per cent wage increase, job security and cancels any plans by the government to private liquor distribution in the province.

THE CANADIAN PRESS

Highway 16

Four-vehicle crash claims one life

A four-vehicle crash on Highway 16 west of Prince George has claimed at least one life and shut the highway indefinitely.

RCMP say the crash involved two commercial vehicles and two passenger vehicles. Some of those involved in the accident needed to be extracted from their vehicles by emergency crews.

Police say one person was declared dead at the scene.

A spokesperson with B.C. Ambulance Service says three people were taken by ambulance to Vanderhoof, and two of those were then flown by air ambulance to a larger care centre.

THE CANADIAN PRESS

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Death. Young man killed trying to cross train tracks in Chilliwack

A 25-year-old man from Regina died Friday night after trying to cross some train tracks in Chilliwack ahead of an oncoming train.

Barb McLintock with the B.C. Coroners Service said Robert Jonathan Beaudry was with some friends in a taxi that had stopped at the railway crossing around 11:30 p.m. when he got out.

She said tests are being done to find out if he was intoxicated, but so far it is not clear to anyone why he tried to cross the tracks.

"I think he just thought he would beat the train across the tracks, fooling around like young males do," she said. "He thought he could beat the train, obviously."

Beaudry was in Chilliwack visiting his parents, who have been notified. KATE WEBB/METRO

Amanda Todd. Clark releases details for anti-bullying summit

The B.C. government is bringing together students, parents, experts, police and community representatives for a summit to talk about bullying and student safety.

Premier Christy Clark announced more details about the conference Monday, which will be held Nov. 13 at the Morris J. Wosk Centre for Dialogue.

Clark promised to hold the conference in response to the death of bullied Port Coquitlam teen Amanda Todd.

The premier said that we should be looking at new ways on how to best deal with bullying and reduce its impact.

"What we've done, where we are going, and what we may need to do next is what the summit is all about," Clark said in a statement.

"We need to support those being bullied and show them they are not alone, that people will stand up with them and for them to make sure they are safe."

Quoted

"We need to support those being bullied and show them they are not alone."

Premier Christy Clark

Education Minister Don McRae will also provide a progress update on the government's 10-point Erase Bullying strategy announced in June as well as its new website.

The strategy includes providing anti-bullying training for about 15,000 educators and community partners over the next five years, while the website includes an anonymous reporting tool for students and provides resources for parents.

A portion of the summit will be dedicated to cyberbullying. PHYLICIA TORREVILLAS/METRO

RCMP

Human remains found at site of suspicious fire in northeast B.C.

The RCMP is investigating the discovery of human remains near a forest service road in northeast B.C.

Police say they found the remains when they were called out to check the site of a suspicious fire near Tumbler Ridge on Saturday.

The remains have not yet been identified.

Police say investigators are still securing the site, which is in the area of the Bull Moose Forest Service Road.

The RCMP Forensic Identification Section and North District Major Crime Unit are investigating, along with the B.C. Coroner's Service. THE CANADIAN PRESS

Transit

Penticton mayor courts airlines

Penticton Mayor Dan Ashton believes there's one way to help business take off in his community, and it involves two airlines.

Ashton met last week in Montreal with Air Canada executives, hoping to convince the airline to expand its schedule to the South Okanagan.

The city has also been aggressively lobbying WestJet to consider stops in Penticton.

Ashton says more than 50 per cent of Southern Okanagan residents use the Kelowna airport to fly to Vancouver and Calgary, but those dollars could stay closer to home if airlines offered expanded services and competitive prices. CKOR/THE CANADIAN PRESS

Jafari the giraffe died at the Greater Vancouver Zoo Sunday. HANDOUT/METRO FILE

Vancouverites grieve for Jafari

12-year-old giraffe died last weekend.
Concerned citizens post condolences, question why 3 giraffes have died within a year at zoo on Facebook page

EMILY JACKSON
emily.jackson@metronews.ca

B.C. animal lovers expressed concerns regarding the unexpected death of 12-year-old Jafari the giraffe at the Greater Vancouver Zoo last weekend.

Preliminary necropsy results showed healthy organs and a healthy weight, the zoo's general manager Jody Henderson said Monday.

When the zoo finds more information, it will share with the public, she said.

"We're not here to hide anything, we're here to care for the animals," she said.

While dozens wrote condolences for zookeepers and memories of Jafari on the zoo's Facebook page, others questioned the zoo's record with animals given three giraffes died within a year.

"We think that's just not good enough," Vancouver Humane Society spokesman Peter Fricker said. "It's the zoo's responsibility to figure out what the problem is and why they can't seem to keep these giraffes alive in captivity."

The VHS doesn't support animals native to Africa being kept in captivity here because of the colder climate and limited enclosure space, he said.

The B.C. SPCA will ask for copies of the necropsies, said Shawn Eccles, manager of cruelty investigations.

"It's far too early to determine whether an offence has occurred," Eccles said, adding the zoo shared its reports after Jafari's son and mate died last year.

The necropsies were inconclusive. Some wonder if Jafari's pregnant mate, 23-year-old Eleah, died of a broken heart days after she lost her offspring.

"Her heart was slightly enlarged in the necropsy," the zoo's Henderson said. There were no signs of a heart attack, Henderson added, but stress can enlarge an animal's heart.

"At that age, being pregnant and losing a son..."

Charges laid in Surrey basement shooting

After six months a 21-year-old man was gunned down in a basement suite in Surrey, two men have been charged with second-degree murder in his death.

Jonathan Michael Kishimoto, 21 and Michael Alexander Ross, 24, have been arrested and charged in the murder of Noel Jackson, the Integrated Homicide Investigation Team announced Monday.

Kishimoto appeared in Surrey provincial court Monday and Ross is set to appear Tuesday morning.

Jackson was gunned down at a house in the 12400 block of 70th Avenue on May 3.

IHIT spokesperson Sgt. Jennifer Pound said Jackson was with a group people at the house drinking at a bar together.

A verbal argument ensued, she added, and two men left the house and returned later with a gun and another man.

Two of the three men allegedly entered the house and shot Jackson, who died at the scene, while the third man waited outside. Pound said all three fled the scene.

"To obtain charge approval on two individuals just six months after the homicide of Mr. Jackson speaks to the persistence and tenacity of each of our IHIT investigators," Pound said in a statement. PHYLICIA TORREVILLAS/METRO

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Colon-cancer screening will save lives: Province

Provincewide program. New test combined with co-ordinated assessment promises better outcomes for those at risk

Only months into Doug Shirlaw's retirement, the 30-year veteran of the Vancouver Police Department was diagnosed with colon cancer.

He began 48 weeks of chemotherapy and attended support groups, watching with alarm as other participants died.

"Because they were diagnosed late and were beyond treatment," Shirlaw, 58, said on Monday. "If those people had been diagnosed early, the outcome could have been totally different."

Six years later, the cancer survivor is championing a new screening program that is being rolled out in British Columbia.

Earlier detection

"It really, systematically, targets the population that can benefit the most."

Cathy Adair, vice-president of cancer control, Canadian Cancer Society, on the new provincewide colon-cancer program being introduced in April

"This is a much better test," said Dr. Dean Kolodziejczyk, a cancer doctor in Victoria. "For treatment of advanced cancers, if we can pick those people up early and cure people early, that's the best possible scenario."

The program launches on April 1, with a screening tool called the "fecal immunochemical test," which can be done at home before being sent to a lab. The test picks up trace amounts of blood in the stool, an advance on the existing test, which means people will need to take only two samples instead of three. The results will be analyzed by a computer, Kolodziejczyk said.

The test will be referred by family doctors to everyone between 50 and 74, once every two years. The same assessment process of the tests will be used across the province, which means there will be a centralized system for data collection and monitoring.

The province will cover the cost of the test for the treatment group, estimated at about $35, but Health Minister Margaret MacDiarmid said she doesn't know how much the program will cost the government overall because it's unclear how many people will take the test.

"If we can pick these cancers up early, it will be a lifesaver and there's a tremendous benefit to that, part of which is cost, for sure."

THE CANADIAN PRESS

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Politics. U.S. election has lessons for B.C.: Dix

Adrian Dix waxed philosophical on Monday when asked who he thought would win today's U.S. presidential election, saying the fierce contest has lessons for B.C. that include, for one, the predictive limitations of polls.

The NDP opposition leader admitted, to the surprise of no one, that he favours both Obama's odds and political ideals.

"I think a fair person would say that these are, compared to presidential candidates in previous cycles, as good a two presidential candidates as we've ever had in the United States," Dix said.

"Gov. Romney, for all that I disagree with him, was a successful governor of Massachusetts in his own right, and President Obama, of course, is one of the most extraordinary political stories of his generation."

But Dix was less enamoured of the billions spent by Republicans and Democrats on political attack ads.

Adrian Dix says he wants to bring a positive sensibility back to politics. CHAD HIPOLITO/THE CANADIAN PRESS

"One of the reasons I believe so strongly that we need to not make personal attacks in campaigns is I think that it lowers interest in politics and takes us away from the key issues facing our societies," he said.

"That's clearly the case in American politics, and in British Columbia I think we can do better."

KATE WEBB/METRO

Liberal candidate

Professor seeks Liberal nod in Abbotsford South

Fraser Valley criminology professor Darryl Plecas is taking a run at politics.

Plecas, a longtime resident of Abbotsford, B.C., will seek the Liberal nomination in the Abbotsford-South riding.

The constituency is held by former Liberal, then Conservative, now-Independent MLA John van Dongen.

If Plecas wins the nomination, he will face van Dongen — who captured the riding for the Liberals with nearly 59 per cent of the vote in the last election — and NDP candidate Lakhvinder Jhaj. A date for the Liberal nomination meeting has not been set.

THE CANADIAN PRESS

Work to stay in Canada

Carr painting a steal at $200K

A watercolour by B.C. artist Emily Carr sold at auction in Calgary for $200,000 on the weekend — much lower than expected. An anonymous bidder picked up the 1928 painting, titled Kitseukla, which depicts Carr's visit up the Skeena River. CTV/THE CANADIAN PRESS

Campbell River

Hydro strikes deal with K'omoks

BC Hydro and the K'omoks First Nation have agreed on a $1.2-billion upgrade for a 60-year-old generating station on Vancouver Island. Details haven't been released, but Hydro says the deal involves training and education funds for the First Nation. THE CANADIAN PRESS

Big tobacco denies 1950s pro-smoking conspiracy

Recouping health-care costs. Every province except Nova Scotia has filed similar lawsuits

Two big foreign-owned tobacco companies asked Ontario's top court Monday to dismiss a $50-billion lawsuit launched against them by the provincial government.

Lawyers for British American Tobacco and R.J. Reynolds Tobacco Co. argued they should not be included in the legal action if the Appeal Court lets the case proceed.

They said the lawsuit is based on a false theory that the companies conspired in the 1950s to withhold information from Ontario smokers about the harmful and addictive ingredients in cigarettes.

The companies contend there is no evidence that a conspiracy ever took place or that they specifically targeted Ontario. British American Tobacco notes it did not exist until 1997.

Ontario launched a lawsuit against 14 tobacco companies in September 2009 in effort to recoup past and present health-care costs related to smoking. The province claims the corporations should be on the hook for billions of dollars because they misrepresented the risks of smoking, did not take steps to reduce the effects and marketed cigarettes to children and teens. THE CANADIAN PRESS

Anti-hero honoured in England

Members of the Lewes Bonfire Society parade through Lewes, southern England, on Monday, celebrating the unsuccessful attempt to blow up the House of Lords by Guy Fawkes and others in 1605. Fireworks and bonfires throughout much of England marked the anniversary. The cyber-rebel group Anonymous draws much of its iconography from the story of Fawkes, such as the anti-hero's ghostly white mask. GARETH FULLER/PA/THE ASSOCIATED PRESS

Northern Ontario

Hockey dad faces assault charge

A hockey dad has been charged with assault after a confrontation with a referee at a midget-level hockey game in Cochrane, Ont., last month. Provincial police say the official was "poked aggressively" and "subjected to blasphemous insults" by a man at the Oct. 18 game between Cochrane and Iroquois Falls. THE CANADIAN PRESS

Feds, provinces pitch in

Hay, you need some help?

Ontario and western Quebec farmers hit by a serious summer drought are getting government help to feed their livestock over the winter. The federal and provincial governments say they will split the cost of contributing to private efforts to ship hay from Alberta and Saskatchewan to the drought-affected areas. THE CANADIAN PRESS

Remembrance pay

New $20 bill honours soldiers

On Wednesday, the Bank of Canada will begin circulating a new $20 bill made of polymer instead of paper.

The new bill pays tribute to the contributions and sacrifices of Canadian men and women in all military conflicts and is being released just before Remembrance Day. The note features a view of the Canadian National Vimy Memorial on its back.

The front and back of the new $20 bill. HANDOUT/BANK OF CANADA

The bill will be formally introduced in a ceremony at the Canadian War Museum in Ottawa. THE CANADIAN PRESS

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Candidates make final push

Election Day. Final polls show Obama having a slight advantage, with Mitt Romney pulling even in Virginia and Florida

Workers carry voting machines up a set of debris-covered steps at East Elementary School in Long Beach, N.Y., Monday, as it is set up to serve as a polling station. Officials are working to hold an election in storm-ravaged parts of New York and New Jersey barely a week after Superstorm Sandy. JASON DECROW/THE ASSOCIATED PRESS

President Barack Obama and Mitt Romney stormed into the final day of campaigning before Election Day, once again visiting the toughest battleground states, trying to fire up their supporters and defend their highly contrasting visions for the U.S.

Nationwide polls show the two locked in one of the closest, and most expensive, presidential races in recent U.S. history. The hard-fought race has laid bare one of the most polarized American electorates in decades, choosing between two very different paths for the world's most powerful country. Uncertainty over the outcome weighed on investors worldwide.

Both candidates eagerly emphasized the stark choice Monday, trying to convince their core supporters too much is at stake to stay home on Election Day. With few undecided voters left, getting their supporters to the polls was crucial for both sides.

"This is not just a choice between two candidates or two parties. It is a choice between two visions," Obama told nearly 20,000 people in Wisconsin.

"Our choice tomorrow is going to lead to very different outcomes," Romney said at a rally in Virginia.

A majority of polls in the battleground states — especially in Ohio and other Midwestern states of Iowa and Wisconsin — show Obama with a slight advantage. That gives him an easier path to the 270 electoral votes needed for victory.

Rock legend Bruce Springsteen and rapper Jay-Z were joining Obama for Ohio events on Monday.

"We have one job left," and that's getting people out to vote, Romney told a Florida crowd Monday morning. The crowd chanted, "One more day!"

Another term?

"It's not just about policies. It's also about trust.... You know where I stand. You know what I believe."
U.S. President Barack Obama

Both Obama and Romney say this year's winner will be determined by which of their campaigns can get the most supporters to the polls. "This is going to be a turnout election," the president declared in an interview that aired Monday. Obama needs the support of blacks and Hispanics to counter Romney's support among white men, but his campaign knows that the feeling of making history that fired up the 2008 campaign has cooled. THE ASSOCIATED PRESS

Superstorm Sandy

N.Y. officials scramble to ensure residents can vote

With 1.4 million customers still without power a week out from Superstorm Sandy, election officials are scrambling to make sure that everyone who wants to vote will be able to have their say starting 6 a.m. and ending at 9 p.m. on Tuesday.

While the number of people without power in New York state has dropped drastically from 2.2 million to 538,000, many parts of hard-hit areas like Staten Island still don't have electricity. With public transportation not up and running at 100 per cent, people might find it difficult to get to their assigned polling location, especially if they are staying with a friend or relative outside their zone. It doesn't help that the gas shortage is creating hours-long lines, and some roads are still unsafe to drive on.

The problem is just as widespread in New Jersey, where over a quarter of a million people still do not have power.

MICHELLE CASTILLO/ METRO WORLD NEWS

New storm expected to cause rain, flooding

A new storm is expected to hit the New York-New Jersey region still shivering and cleaning up after last week's Superstorm Sandy, bringing the threat of 89 km/h gusts and more beach erosion, flooding and rain by Wednesday.

Temperatures dipped toward freezing early Monday, and tens of thousands of people without power along the ravaged Atlantic coastline faced the growing certainty that they would have to find somewhere else to stay. Especially hard hit were the thousands in public housing, who often have no place to go and barricade themselves in darkened apartments for the 12 hours of night.

"Nights are the worst because you feel like you're outside when you're inside," said Genice Josey, a Far Rockaway resident who sleeps under three blankets and wears long johns under her pyjamas. "You shiver yourself to sleep."

As more than a million students joined the morning rush hour Monday for the first time since the storm, commuters continued to wait — and sometimes sleep — in their cars in long lines for gas. Other commuters packed the limited-service Long Island trains so tightly that some people couldn't get on.

Relocation

Mayor Bloomberg said 30,000 to 40,000 New Yorkers may need to be relocated — a monumental task in a city where housing is scarce and expensive.

"We're a gallon away from turning into a Third World country," New York commuter Scott Sire said Monday.

And with the U.S. presidential election today, New York City's mayor was asked if the city would be ready for it. "I have absolutely no idea," Michael Bloomberg said.

The new storm worried the large swaths of the region that were returning to something resembling normal.

"Prepare for more outages," said National Weather Service meteorologist Joe Pollina. "Stay indoors. Stock up again."

Sandy left more than 100 people dead in 10 states. Half a million people in New York state remained without power, and more than 800,000 were without power in New Jersey a week after the storm.

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Preliminary hearing starts for U.S. soldier charged in Afghan massacre

Grisly killings. Staff Sgt. Robert Bales, charged with 16 counts of premeditated murder, had blood on his face, clothes: Prosecutor

In this courtroom sketch, U.S. Army Staff Sgt. Robert Bales, centre, is shown Monday during a preliminary hearing in a military courtroom at Joint Base Lewis McChord in Washington state. Bales is accused of 16 counts of premeditated murder and six counts of attempted murder. LOIS SILVER/THE ASSOCIATED PRESS

A caped figure captured on surveillance video came running out of the darkness to the edge of a remote army outpost in southern Afghanistan. Blood was smeared on his face, prosecutors said, and soaked into his clothes.

Less than a mile away, 16 Afghans, including nine children, were dead, some of their bodies on fire in two villages.

As fellow soldiers stopped him at the base's gate, Staff Sgt. Robert Bales was incredulous, prosecutors said.

Then, as he was taken into custody, Bales said: "I thought I was doing the right thing."

The details, from a prosecutor as well as Bales' comrades, emerged Monday as a preliminary hearing in his case opened, offering the clearest picture yet of one of the worst atrocities of the Iraq and Afghanistan wars.

The attack on March 11 prompted the U.S. to halt combat operations for days in the face of protests, and it was a month before military investigators could reach the crime scenes.

Bales, 39, faces 16 counts of premeditated murder and six counts of attempted murder. The hearing could last up to two weeks and will help determine whether the case goes to a court martial.

The defence did not give an opening statement. Bales has not entered a plea. His attorneys have not discussed the evidence, but say Bales has post-traumatic stress disorder and suffered a concussive head injury during a prior deployment to Iraq.

The father of two from Lake Tapps, Wash., wore green fatigues and sat beside one of his civilian lawyers as an investigating officer read the charges against him and informed him of his rights.

When asked if he understood them, Bales said, "Sir, yes, sir." THE ASSOCIATED PRESS

Violence

Evidence was provided at a preliminary hearing for Staff Sgt. Robert Bales on Monday.

- **Weaponry.** It is alleged he took a M-4 rifle outfitted with a grenade launcher to attack two villages.
- **Two attacks.** Bales allegedly broke the slaughter into two episodes — walking first to one village, returning to the base and slipping away again to carry out the second attack.
- **Bad joke.** Between the episodes, Bales told a colleague about shooting people at one of the villages, Morse said. The soldier apparently took it as a bad joke and responded: "Quit messing around."

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Rotterdam, sails from Rotterdam (Netherlands).
FEATURES Southampton, Lisbon, Malaga, La Goulette (Tunisia), Valletta (Malta), Navplion (Greece), Athens, Safaga (Egypt) and Dubai.
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Volendam, sails from Sydney.
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WITH roundtrip airfare.
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Police investigators examine the crime scene where alleged mob boss Joseph Di Maulo was murdered in front of his home Monday. RYAN REMIORZ/THE CANADIAN PRESS

Alleged mafioso's murder could reignite hostility

Montreal Mafia. Shooting ends a quiet period following a series of mafia-related hits, mostly centred around members of the Rizzuto family

A man alleged to be an influential member of the criminal underworld, whose career spanned nearly five decades, has been gunned down in what appears to be a new chapter in Montreal's ongoing Mafia war.

The killing of Joe Di Maulo is the first murder of a reputed Mafia boss since Vito Rizzuto, allegedly the most powerful Sicilian mobster in Canada, emerged from a long prison stint. Di Maulo was said to have once worked for a rival crime faction before joining with the Rizzutos in the 1970s.

He was killed outside his home late Sunday.

Di Maulo's body was found face down in the driveway of his home, which borders a golf course in a posh suburban area. Police said a 911 call came from a member of the family inside the home.

He was the brother-in-law of Raynald Desjardins, charged with first-degree murder in the slaying of the alleged Mob boss Salvatore Montagna. Currently awaiting trial, Desjardins recently lost a bid to get out of testifying before Quebec's corruption inquiry.

Sources said Di Maulo suffered at least two gunshot wounds to the head but police would only say that an autopsy was needed to determine the cause of death.

"We're still at the beginning of the investigation," Sgt. Benoit Richard of Quebec provincial police said Monday. THE CANADIAN PRESS

Stepping aside. Embattled Montreal mayor resigns amid corruption scandal

Montreal's mayor has resigned in the midst of a corruption scandal, becoming the highest-profile political casualty of the controversies currently rocking Quebec.

Gerald Tremblay said he had done nothing wrong, but was stepping aside for the greater good of a city that is now politically paralyzed. Large construction contracts have been frozen and even the municipal budget has had to be rewritten in recent days.

"I cannot help anymore, given the circumstances," Tremblay said in a solemn resignation announcement late Monday at city hall.

The 70-year-old mayor held onto office just long enough to delay an election to replace him — which would have been triggered had he resigned only a few days earlier.

Tremblay avoided the public eye last week and took two days off work. Because he left after Nov. 3, one year before the next scheduled election, provincial law says he can now be replaced with an interim mayor chosen by the city council that is controlled by his scandal-plagued party.

He insisted he was unaware of corruption in his administration and learned about it after the fact, saying Monday that he felt betrayed by the people who had abused his trust.

Tremblay cast himself as a victim of wrongdoing.

"I dedicated myself fully to the success of Montreal — with Judeo-Christian values of charity, solidarity, integrity, respect, openness." THE CANADIAN PRESS

A matter of time

- Monday's announcement came after years of scandal that, over time, inched uncomfortably close to the mayor. Tremblay's one-time closest associates have either been slapped with criminal charges or been accused of corruption at an ongoing inquiry.

Holy roller

Gambling nun to appear in court

Authorities say a nun with a gambling addiction is accused of stealing $128,000 from two rural parishes where she worked. The nun is a member of the Sisters of St. Francis, based north of Buffalo. THE ASSOCIATED PRESS

Submerged

SUV lands in swimming pool

An Ottawa motorist was being treated for mild hypothermia after his vehicle ended up in a swimming pool Monday morning. According to paramedics, a car crashed through a fence and landed in the shallow end of a swimming pool. METRO IN OTTAWA

An SUV that crashed and landed in a swimming pool. METRO

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Parents accused of killing daughter over 'honour'

A Pakistani couple accused of killing their 15-year-old daughter by pouring acid on her carried out the attack because she sullied the family's honour by looking at a boy, the couple said in an interview broadcast Monday by the BBC.

The girl's death underlines the problem of so-called "honour killings" in Pakistan, where women are often killed for marrying or having relationships not approved by their families or because they are perceived to have somehow dishonoured their family.

The girl's parents, Mohammad Zafar and his wife Zaheen, recounted the Oct. 29 incident from jail. The father said the girl had turned to look at a boy who drove by on a motorcycle, and he told her it was wrong.

"She said, 'I didn't do it on purpose. I won't look again.' By then I had already thrown the acid. It was her destiny to die this way," the girl's mother told the British broadcaster.

Television footage of the couple showed them standing behind bars in separate, but adjoining jail cells.

The father said the family had already come under public censure because of their older daughter's behaviour, but he did not detail what exactly he meant.

Pakistani officials initially said the attack occurred because the girl supposedly had an affair with a boy.

According to the Human Rights Commission of Pakistan, at least 943 women were killed in the name of honour last year. Only 20 of the women were reported to have been given medical care before they died, the report said. The real toll is believed to be higher because many of the crimes go unreported.

THE ASSOCIATED PRESS

Quoted

"It was her destiny to die this way."

Zaheen Zafar, the girl's mother

Germany powers up

A worker is silhouetted against the sky as he straddles new overhead electric power lines in Germany on Monday. Some 3,600 kilometres of new power cables are planned in Germany to force the energy turnaround to use alternative sources. FRANK AUGSTEIN/THE ASSOCIATED PRESS

Politics

Another vote urged in Ukraine

Ukraine sank deeper into political turmoil Monday following a disputed parliamentary election, with the opposition dismissing a government offer for a re-vote in a handful of districts.

THE ASSOCIATED PRESS

United Nations

Nuclear chief: Iran not co-operating

The UN nuclear chief said Monday that Iran is not co-operating with an investigation into suspected secret work on nuclear weapons.

THE ASSOCIATED PRESS

West Bank

Swiss investigators visit Arafat's grave

A team of Swiss investigators visited the West Bank grave of late Palestinian leader Yasser Arafat Monday to determine how best to dig up remains and extract samples ahead of their exhumation later this month, a Palestinian official said.

THE ASSOCIATED PRESS

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Black Friday.
Malls battle cross-border shopping

Some of Ontario's biggest malls are going to be open even longer than usual on Black Friday in hopes of keeping Canadian shoppers close to home rather than crossing the U.S. border in search of bargains.

Mall operator Cadillac Fairview Corp. said Monday that it will extend the hours at nine of its properties on Nov. 23, which will be one of the busiest shopping days of the year in the United States.

The day, dubbed Black Friday, takes its name from the assumption that it marks the day when retailers turn a profit for the year or go "into the black."

Retailers in Canada have been increasingly under competitive pressure from Black Friday deep discounts promoted in the United States.

This year's shopping season could prove particularly competitive for Canadian businesses after the federal government relaxed cross-border shopping rules in June. THE CANADIAN PRESS

Mini millions: Consumers snap up new iPads

A staff member of Apple Inc. hands an iPad Mini to a customer in Hong Kong. Apple said Monday it sold three million iPads of all kinds in the first three days it sold the new Mini model. According to analyst Brian White at Topeka Capital Markets, the Mini model sold out at 60 per cent of U.S. Apple stores. The full-size iPad got an update on Friday as well, with a faster processor and a better front-facing camera. VINCENT YU/THE ASSOCIATED PRESS

Photo sharing

Instagram heads to the web

Instagram, the photo-sharing app created for mobile phones, is expanding to the web. The service, owned by Facebook Inc., said on its blog Monday that it will launch profiles on the web over the next few days. THE ASSOCIATED PRESS

Market Minute

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Dow Jones: 13,112.44 (+19.28)

Skins sues cycling body for damage to reputation

Armstrong fallout.
Firm says it's suffered from investing in sport 'tarnished' by doping

Sportswear company Skins is suing cycling's governing body for $2 million US, claiming its brand has been damaged by backing the sport as the Lance Armstrong doping scandal unravelled.

Skins, which was founded in Australia and is based in Switzerland, has sponsored cycling teams and riders for five years, and supplied race suits for the United States at the London Olympics.

While Skins has never sponsored Armstrong or the UCI, it wants compensation for the reputational damage it says it has suffered by investing in a sport "tarnished" by doping.

"Skins was under the illusion that professional cycling had been fundamentally reformed to contain doping and to minimize the risks of scandals with which the brand of any sponsor could be associated," lawyer Cedric Aguet wrote Friday in a letter to the UCI that was released Sunday. "It has now been proven that these legitimate expectations have been betrayed on the grounds you are aware of."

The UCI has agreed to strip Armstrong of his seven Tour de France titles and ban him for life, following a report from the U.S. Anti-Doping Agency that accused him of leading a massive doping program on his teams. UCI President Pat McQuaid has agreed to create a commission to examine allegations about the governing body's conduct raised by USADA. THE ASSOCIATED PRESS

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MIDDLE-CLASS VOYEURISM AND THE 'REDNEXPLOITATION' OF HONEY BOO BOO

SHE SAYS...
Jessica Napier
metronews.ca

In North America, our caste systems might not be as apparent as in other parts of the world, but we certainly don't live in a classless society. Defining yourself by your class seems like a rather anachronistic thing to do, but sometimes I can't help but think about where I might fit in on the grand social hierarchy. Every time I step on a plane, I take a look at the business-class executives enjoying champagne in their reclining cocoon seats and realize that I'm definitely a few rungs down the ladder.

Our underlying socioeconomic divisions are perhaps most evident in the world of reality television. Popular docu-lite programs such as Here Comes Honey Boo Boo and My Big Fat Gypsy Wedding establish definite class boundaries between the viewers and the characters.

Trailer TV

These families are being exploited in the name of cheap entertainment as a way to satisfy our own middle-class curiosity.

Best categorized as laugh-and-point programming, these shows feature ensembles of rednecks and gypsies who are portrayed in a way that captures our fascination but also works to marginalize their way of life. And while these shows might be entertaining at times, they also frame issues around poverty, bad nutrition, lack of education, violence and alcoholism — as punchlines rather than problems.

The worlds of child brides and pigs for pets are so far removed from our own that they provide us with a fixed point of reference from which to establish our own superiority. Viewers comfort themselves in the knowledge that we are in some ways "better" than the overweight hillbillies from America's Deep South or the trailer-dwelling Irish Travellers of the British countryside.

These families are being exploited in the name of cheap entertainment as a way to satisfy our own middle-class curiosity. Urbane cable subscribers can slum it for an hour or so before going back to their regularly scheduled lives.

But you have to wonder if the people who appear on these shows are really being exploited or if they're simply taking advantage an opportunity. Are Honey Boo Boo's redneck clan and the Roma families of the U.K. cashing in on our fascination with the unknown and playing up their lifestyles for a profit?

Some argue that these reality stars enjoy the attention (even when it's negative) and are happy to use their per-episode-paycheques to better their lives. So where's the real harm in that?

While you could say it's a win-win-win situation for all — the viewers, the reality stars and, most definitely, the television networks — we can't ignore the problematic aspects of these exploitative shows.

Frankly, all of the "sketti" and hairspray are starting to leave a bad taste in my mouth.

Honey Boo Boo's family is being exploited while capitalizing on our thirst for trash TV. YOUTUBE SCREEN GRAB

Mud on your face, but no big disgrace

CHRIS JACKSON/GETTY IMAGES

Diamond Jubilee tour

Pacific nation's best greet royals

Asaro Mudmen, traditionally dressed tribespeople with headpieces made of clay, line up to greet the Prince of Wales and his wife, Camilla, Duchess of Cornwall, in Port Moresby, Papua New Guinea.

The British royals were visiting the Pacific nation as part of their tour to celebrate the Queen's Diamond Jubilee. **METRO**

History of ethnic dancers

Mudmen dance to story of ancestors

The Asaro Mudmen are a group of dancers from the village of Goroka in the rugged Eastern Highlands province of Papua New Guinea.

Their performances, first made in the 1970s, tell the story of ancestral tribesmen, who wore clay masks and bamboo sticks on their fingers to frighten their enemies. Today, the mystical dancers are a major tourist attraction. **METRO**

Speaking local tongue

"Mi bringim bikpela tok hamamas bilong mejesti kwin Papua Niugini na olgeta haus lain bilong mi lon dispela taim bilong Diamon Jubili misis kwin. Mi tokpisin olrite?"

Prince Charles
Speaking in one of PNG's 800 languages, Tok Pisin, a type of Creole

"I bring you greetings from Her Majesty the Queen of Papua New Guinea and from all my family members during this celebration of the Diamond Jubilee of the Queen. Was my Tok Pisin correct?"

Translation of what the Prince of Wales said to a crowd of 5,000 in Port Moresby, Papua New Guinea

Metropolitan Panel

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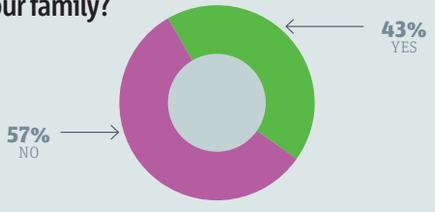
Are you becoming more concerned about a major natural disaster affecting you and your family?



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@christyclarkbc: We've made progress fighting bullying. And we're going to do more. That's why we're hosting the Erase-Bullying Summit. http://ow.ly/f2Ath

@BobSimpsonMLA: OMG feel like I'm livng in a Kafka novel! Tryng to get a simple Q ans'rd by Pharmacare for a constit w a potentially termnl illness #bcpoli

@SChandraHerbert: Wish the BC Libs didn't blow up Tourism BC before Olympics. We missed out on a lot of business. Good they admit error though. #bcpoli

@xo_stephi: Took an extra hour getting into Vancouver today- sad moment at metro skytrain stn.

@caalebtwn: Rest assured #Vancouver - no record setting rain today. Sun, just in time for Monday. #toolittletoolate pic.twitter.com/kB4mBdsu

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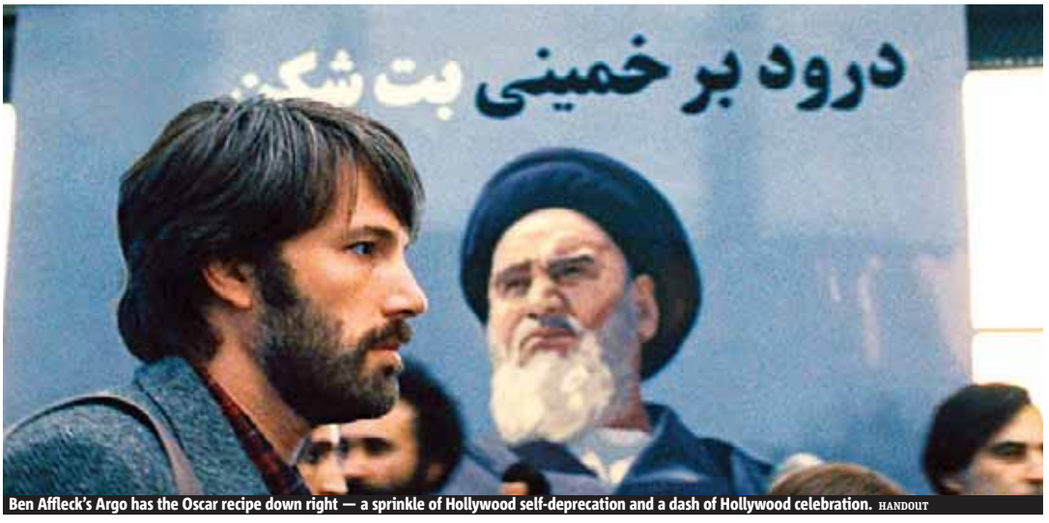
The movies that deserve some love from the golden statuette

Academy Awards. Metro's Hollywood correspondent Ned Ehrbar outlines his favourites for Oscar nominations

NED EHRBAR
Metro World News in Hollywood



Ben Affleck's Argo has the Oscar recipe down right — a sprinkle of Hollywood self-deprecation and a dash of Hollywood celebration. HANDOUT

It's never too early to start thinking about the Oscars. September marks the beginning of the season in which most of the contenders are released and we've already seen some strong candidates for the win.

Argo

At this point, Ben Affleck's true-life CIA rescue thriller is pretty much a lock for a best picture nomination — and the odds-on favourite to win. The subject matter is Hollywood-friendly, poking fun at the industry while also making it heroic, and its continued box office success means it's also a popular favourite.

The Master

A likely nominee but a long shot to win, P.T. Anderson's drama suffers less from any uproar over its Scientology subtext than it does from it leaving audiences cold. It's still a work of art, but one that won't break through with more crowd-pleasing competition.

Life of Pi

Ang Lee's ambitious, 3D behemoth is a bit of a question mark, but it will probably earn a nomination for sheer artistry. Whether audiences connect with its shipwrecked hero and animal companions, though, is yet to be seen. It could just as easily find itself facing the same uphill battle as...

Cloud Atlas

A big, messy, ambitious film that's guaranteed not to win best picture but deserves at least to be nominated, Cloud Atlas — which has so far divided critics — will likely pick up a good share of technical nominations but miss winning in any of the name-brand categories, a proud tradition carried on by Inception in 2011 and Hugo in 2012.

Les Miserables

If it's about crowd-pleasing, this may give Argo its stiffest competition. Les Miserables features a rousing, power-to-the-people story, an all-star cast led by Hugh Jackman, The King's Speech director Tom Hooper and famous, tear-jerking songs. Yes, we hear the people sing.

Lincoln

Directed by Steven Spielberg. Written by Tony Kushner. Starring Daniel Day-Lewis as Abraham Lincoln. It's almost as if Lincoln was built in an Oscar bait lab. Of course, that's how Spielberg's War Horse appeared last year until people actually saw it. The difference is that Lincoln is good,

The Impossible

Depending how audiences respond, this true-life survival tale could also be tough competition for Argo. It's equal parts harrowing and uplifting, with a standout performance by Naomi Watts and a chilling recreation of the 2004 tsunami. Already a runaway success in the director's native Spain, we'll see if North Americans flip for it as well.

Beasts of the Southern Wild

While this gorgeous indie film about New Orleans bayou dwellers battling a hurricane is expected to sweep the Film Independent Spirit Awards, it's a bit more of a long shot for an Oscar nod — but a deserving one.

Silver Linings Playbook

This one has also been earning raves at festivals for director David O. Russell (The Fighter) and actors Robert De Niro, Bradley Cooper (as a man with a mental condition) and Jennifer Lawrence (as the woman who helps him), who has a lot of best actress heat building around her.

Skyfall

A Bond film as a best picture nominee? If ever there was a chance, it's with this one. And after all, the best picture category was expanded specifically to make room for smartly made action films like this. It's a shame The Dark Knight Rises didn't live up to its predecessor, or it might be on the list instead.

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Kristen Bell ALL PHOTOS GETTY IMAGES

Oh baby Bell! Kristen's carrying

They may have vowed to put off tying the knot until same-sex marriage is legal again in California, but engaged couple Kristen Bell and Dax Shepard are reportedly not waiting to start a family. Sources tell People magazine that Bell is pregnant with their first child, due in the spring. "They're so excited — they're both ecstatic. They can't wait to become parents," the source says. "Kristen had a little bit of morning sickness early on, but she just started shooting the second season of House of Lies and is feeling great now."

Bynes: I wasn't naked at the fake 'n' bake

Amanda Bynes

Amanda Bynes is standing firm with her assertion that In Touch magazine's story about her parading naked around a New York tanning salon is bogus. "I'm suing In Touch for printing a fake story. I'm not 'troubled,' I don't get naked in public. I'm 26, a multimillionaire, retired. Please respect my privacy," Bynes tells Us Weekly. And it appears the tanning salon is backing up her claim. "Employee testimony and security footage have confirmed that Ms. Bynes was not acting inappropriately," Beach Bum Tanning CEO James Oliver says in a statement. "She is a long-time client and we stand by her account."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Britney Spears: The blond Jane Austen

THE WORD
Dorothy Robinson
scene@metronews.ca

There's a trend in book publishing where a superstar gets paid buckets and buckets of cash to 'write' a book and people actually read it thinking it's the fruit of their favourite celebrity's labour (see: Snooki, Lauren Conrad, Bethenny Frankel and the Kardashian sisters). The latest to join their ranks? Britney Spears, who is reportedly in talks with It Books. That's according to The Hollywood Reporter, which writes, "Britney Spears is close to signing a book deal ... with plans to write a novel.... The story would incorporate fictionalized versions of her own experiences."

Her own experiences and not, say, a supernatural teen romance? Actually, Spears' life — spawning with a back-up dancer from Fresno, Sam Lufti, shaving her head, being under the conservatorship of her father — is on the level of Shakespeare (you know Lady MacBeth would be a former Mouseketeer if Macbeth were written nowadays).

Write from the heart, Britney! Don't let your underpaid ghostwriter tell you what's what!

But in all honesty, you know if Spears wrote from the heart, the whole book would typed in Wing Dings.

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ROMINA MCGUINNESS
Metro World News

Look familiar? CONTRIBUTED

YOUR SKIN ISSUE

Your skin is dry, itchy and sensitive. You apply layer upon layer of moisturizer in a desperate bid to make it feel soft again.

What's going on?
Winter winds and low humidity levels can physically damage the skin barrier — its natural ability to protect itself from environmental insults and maintain adequate hydration.

And with age, our body loses the ability to maintain moisture. The result? Skin feels dry, flaky and itchy.

How you can fix it
Get your skin barrier in the best shape possible, says Joshua Zeichner, a dermatologist in Manhattan.

"Thicken up your moisturizer. If you use a light lotion, switch to a heavier cream or ointment. If your skin is irritated, use a cortisone cream to reduce the inflammation."

Besides water content on the skin, you have natural oils that help maintain the skin barrier. But these are easily stripped away.

"People like to take very warm showers when it's cold. They also think it's OK to over exfoliate the skin to remove dry patches. But the combination of hot water and rough scrubbing will strip the skin of its natural lubricating oils," warns Zeichner.

Instead, take short lukewarm showers and pat (don't rub) the skin.

YOUR FITNESS ISSUE

You wake up in the morning and it's cold and dark. You come home at night and it's cold and dark. Go for a run in the rain? You've got to be kidding!

What's going on?
You want to curl up on the couch, not exercise. And the last time you cycled to the gym you got caught in a snowstorm. And you practically had a mud bath going for a run in the park.

How you can fix it
"It takes your body a little bit longer to warm up when it's cold out. Your circulation is limited, therefore the range of motion in your muscles will suffer. You'll just feel like you're moving slower than usual," Ashley Conrad, personal trainer to Hollywood movie stars Bradley Cooper and Kate Hudson, tells Metro.

Her trick? Exercise first thing in the morning.

"Wake up and workout," says Conrad. "If you can't function on an empty stomach, have a lactose-free (to avoid bloating) whey protein shake. It gives you a boost without making you feel full."

But according to celebrity trainer Harley Pasternak — whose clients include Rihanna and Lady Gaga — maintaining a stable weight year-round is crucial.

"Don't let your weight yo-yo. The last thing you want is to fatten up in winter and try to lean out in the summer."

YOUR DIET ISSUE

You're convinced all that shivering in the cold is helping you burn off thousands of extra calories. Therefore, that second chocolate bar doesn't count. Then why are you struggling to zip up your jeans?

What's going on?
During the winter, cold foods like salads don't provide us with the same satisfaction as richer, heartier foods. We're more likely to crave something we feel warms us up.

How you can fix it
"Temperature does have an effect on how many calories we burn. Just think about how much you physically shake when you're outside," says Kristin Kirkpatrick, nutrition advisor and wellness manager for the Cleveland Clinic Wellness Institute.

But do we need to eat more to compensate for these few times when we're cold? Her answer is no. "Most of us rarely find ourselves in a situation where we lack the resources to warm our bodies up."

The solution? Stay active.

"If you do the same amount of exercise as in the warmer months and you're burning more calories generating heat — then yes, you may need to eat more to maintain your weight."

Top 3 winter investments

1. **Performance workout gear:** Choose apparel that really locks the heat in so that regardless of what temperature it is outside, your body stays warm.
2. **A humidifier:** The heat coming out of heaters can really dry out your skin, but this will help put the moisture back into the air.
3. **A set of dumbbells:** So you can train at home if you can't make the gym. Do lateral movements that don't require much space such as push ups and lunges.

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Jazzed-up rice pilaf gets main event status

ROSE REISMAN
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This recipe serves eight. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

This wild-and-brown-rice pilaf with dried fruits and pecans is amazingly versatile. I serve it as a side salad at meals, put it on a buffet table or use it to stuff roasted chicken or turkey.

Ingredients

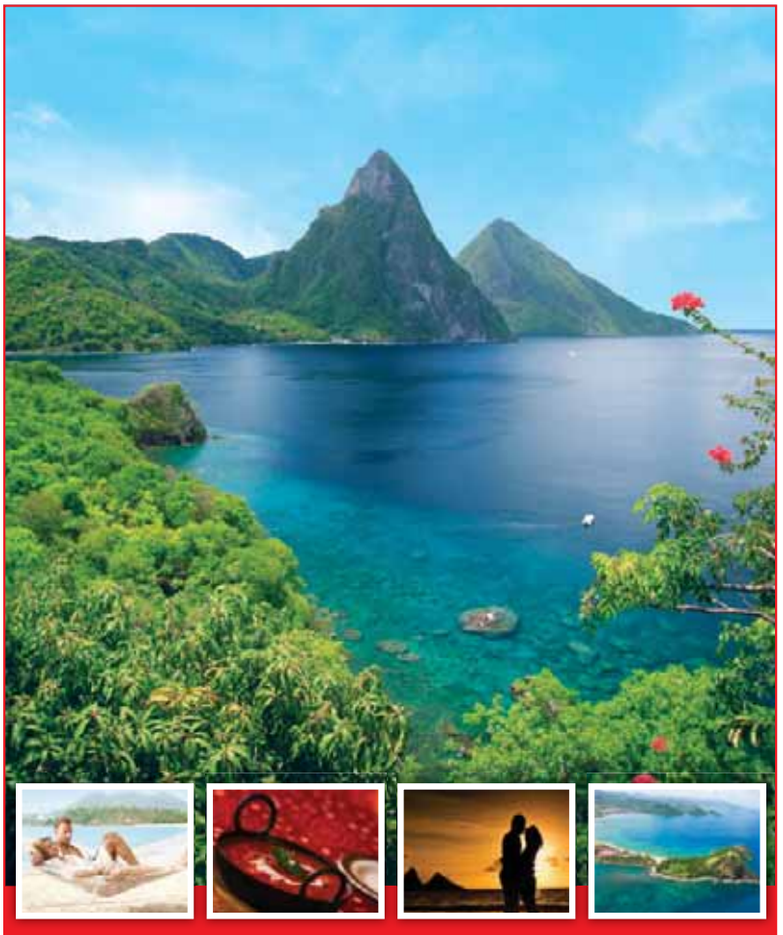
- 3/4 cup wild rice
- 3/4 cup brown rice
- 4 cups vegetable or chicken stock
- 1/2 cup chopped pecans, toasted
- 1/3 cup chopped green onion
- 1/3 cup dried cranberries
- 1/3 cup dried chopped apricots
- 1/3 cup chopped cilantro or parsley
- 1 tbsp olive oil
- 1 tbsp orange juice concentrate, thawed
- 1 tbsp freshly squeezed lemon juice
- 2 tsp low-sodium soy sauce
- 2 tsp raspberry or balsamic vinegar
- 1 1/2 tsp sesame oil
- 1 tsp minced fresh garlic

1. Combine the wild and brown rice with the stock in a saucepan. Bring to a boil. Reduce the heat to a simmer, cover and cook for 35 to 40 minutes, or just until the rice is tender. Drain off the excess liquid. Place the rice in a large serving bowl and set aside to cool.

2. Stir the pecans, green onion, cranberries, apricots and cilantro into the cooled rice.

3. Whisk the olive oil, juice concentrate, lemon juice, soy sauce, vinegar, sesame oil and garlic together in a small bowl. Pour the dressing over the salad and toss to coat.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN



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Does your facial hair define you?

When it comes to men's hair, Canadian women have opinions. According to a new survey by Match.com, 62 per cent of single Canadian women are most attracted to clean-shaven men. Sixteen per cent liked men with stubble and only eight per cent of women liked a man with a moustache.

Match.com found a significant difference between the dating styles of Canadian men depending on the facial hair they wear.

Do these celebrities fit their faces?

The moustache: The lover

- Moustached singles are more likely than any other men to pucker up before they say good night. Almost half will kiss on the first date.
- Tom-Selleck-inspired men are the most likely to believe age is just a number. Seventy-eight per cent would consider dating someone 10 years younger than them.

The goatee: The adventurer

- Of all men, gentlemen with goatees are most likely to have experienced a one-night stand — a whopping 75 per cent have pulled a one-nighter.
- Men with goatees spend more on a first date than any other; one third (33 per cent) will dish out more than $80 on a first date.

The beard: The shy guy

- Bearded Canadian men are least likely to have asked someone out in the last year — only 16 per cent have popped the question.
- They're also least likely to have had sex in the past year. Thirty per cent of bearded men have gone without.

The five o'clock shadow: The romantic

- Eighty-five per cent of men with stubble are most likely to have experienced love at first sight.
- However, they're also most likely to think about sex on a daily basis. Fifty-three per cent think about sex several times a day.

The clean shaven: The gentleman

- Are old-fashioned. The majority of clean-shaven men, 65 per cent, believe sex on a first date is a no-no.
- Exactly half of smooth-faced Canadians believe it doesn't matter who initiated the date, the man should pay.

Gross national happiness

Is frugality a measure of happiness?

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

I attended the Banff Mountain Film and Book Festival last Thursday evening and had the privilege of hearing David Suzuki speak.

Suzuki shared the floor with Dasho Kinley Dorji, secretary of communication and information for the Himalayan country of Bhutan. The subject of their discussion was to understand Bhutan's movement away from economic measures like Gross Domestic Product (GDP), used to determine the productivity and success of a country, toward Gross National Happiness (GNP), how content and fulfilled the people of Bhutan truly are.

What became clear during Suzuki and Kinley's discussion was that in Western society we spend a significant amount of time producing, earning and buying more, but, generally speaking, striving for more money and fancier possessions doesn't make Westerners happy.

According to Kinley, happiness is found in being content, whatever a person's context is.

Suzuki elaborated by reflecting on lessons from his upbringing. For example: Live within ones' means, avoid wastefulness, find value in non-material aspects of life like maintaining one's culture and investing in relationships, consider the future for yourself and others and find contentment in what we have rather than over-consuming in the hopes of filling voids of happiness in our lives.

Their comments can be directly correlated to frugal living and commitment to environmental sustainability. Additionally, studies of North Americans have shown that frugality is linked to lower levels of stress and anxiety, ultimately contributing to a happier life.

Want greater happiness for your life? Take Suzuki and Kinley's advice.

Right-size your lifestyle to your budget. If you're going broke just to keep up with the Jones's, stop. Adjust your lifestyle to avoid layering on unnecessary debt and stress. This might mean moving to a smaller home or driving a less expensive car. Living within your means involves sticking within a budget and spending less than you make.

Adjust your lifestyle to avoid layering on unnecessary debt and stress. ISTOCK IMAGES

Be resourceful. Find ways to conserve energy and reduce waste. For example, walk rather than drive or buy high quality used furniture that doesn't break. Find ways to stretch out the lifespan of products you use and when you're finished with them, recycle.

Focus your time and money on things that truly matter. Over-consumption won't make you happy, so focus your efforts on preserving your environment, investing in relationships, and building a secure financial future; all of which will allow you to create a fulfilling life.

Though happiness isn't measured nationally here in Canada, perhaps we should adopt it on a personal level. What does happiness mean to you?

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The MBA Tour's panel sessions and presentations will help you select a university suitable to your needs, lifestyle, and career goals. Conducted by representatives of the business schools themselves, these forums give you a chance to interact directly with the men and women behind the admissions process. Not only will you learn about schools, you will learn how to package yourself as a highly desirable business school candidate.

"My advice is simple," Von Loesecke says. "Ensure that the programs you learn about at our event are the ones that can help provide the opportunities you're looking for upon graduation."

The MBA's Tour's advisory board makes that easier — screening schools ahead of time to ensure you receive top-quality information from the best sources. This is your chance to get the feedback you need.

The MBA Tour stops at the Vancouver Convention Centre, East Building, on Nov. 13, between 3:30-8:30 p.m. To learn more about the event, visit thembatour.com.

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At Vancouver Island University (VIU), students can take their education global without leaving the classroom.

"We offer a dual degree program, where students receive an MBA degree from Vancouver Island University and a master of science in international business degree from the University of Hertfordshire, a public university in the U.K.," says Brock Dykeman, director, MBA programs for Vancouver Island University.

"The whole program has an international focus."

This dual Canadian/British program is designed to prepare students to become managers in Canadian businesses.

These businesses are operating in an increasingly global business world, where the company may be foreign owned, or the business may be export or import based, and the workforce may have come from many different countries.

"International business is the real focus of our program and students will be studying with students from around the world," Dykeman says.

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For more about the MBA programs available at VIU, visit viu.ca/mba, or contact Brock Dykeman at brock.dykeman@viu.ca or 250-740-6178.

VANCOUVER ISLAND UNIVERSITY PHOTO

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BMA BRITISH COLUMBIA PHOTO

For Lindsay Brock, chocolate was what her dreams were made of.

By completing her CMA and MBA, she is now living out that dream as managing partner of Chocolate Works.

"I'd always hoped to run a business, to be in a position where I got to make many meaningful decisions simultaneously, and where my impact could be seen," Brock says.

"The CMA designation, in my opinion, prepared me more for entrepreneurship than any of the other accounting designations could have."

Brock is currently managing the operations at JHS Chocolate Works full time and is also a part-time accounting instructor at Kwantlen Polytechnic University.

After working as a full-time accounting faculty member at the University of Western Ontario for a number of years, Brock decided it was time to advance her education and skills by getting her CMA/MBA.

"What is similar about those two objectives is that they both take a well-rounded approach to business," Brock says.

"Both the MBA and CMA focus on the people involved in the operations and decision-making functions of a business."

Brock has been able to use what she has learned and apply it directly to her business and share it with the students she teaches.

"My students are not learning about a break-even situation that was invented by an author or that was written in the 1980s — they are learning about a situation that a real business owner faced today."

CMA British Columbia has partnered with three prestigious universities to offer the combined CMA/MBA program — UBC Sauder School of Business, SFU Beedie School of Business, and Queen's University.

"I find the professional development courses offered through the CMA are up-to-date, engaging and can truly be applied instantly in the workplace," Brock says.

For more information about the CMA/MBA available through CMA British Columbia, visit cmabc.com.

APPLY TODAY

If you recently completed your MBA or are currently finishing up your MBA through UBC, SFU or Queen's, the deadline to apply for the January 2013 CMA accelerated program is Dec. 7.

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SPORTS 4

Heat forward Sven Baertschi tries to work around a defending teammate during Monday's practice at MSA Arena in Abbotsford. CAM TUCKER/METRO

Heat, AHL enjoying celebration of youth

Hockey. NHL lockout gives young prospects time in the minors to develop their game

CAM TUCKER
cam.tucker@metronews.ca

Rarely in hockey is anything guaranteed, but in the case of Roman Horak and Sven Baertschi, a normal NHL season would likely mean employment in Calgary.

But, until the NHL owners and NHL Players' Association reach a new collective-bargaining agreement, Horak and Baertschi, much like other young, talented prospects, will have to make good in the American Hockey League.

So far, this hasn't been a problem for either Abbotsford Heat forward. Both are tied for the team lead in points with 11, and the Heat are an impressive 6-1-0-2 to begin the season.

The 21-year-old Horak, who played 61 games with the Calgary Flames last season but had his ice time reduced dramatically as the schedule wore on, began the week as both the Heat and AHL leader in goals with 10.

A stint in the minors, even if it's because of the great dispute over hockey-related revenue, isn't necessarily a bad thing.

"Last year, I played a lot at the beginning but my ice time kind of shrunk," Horak said.

"It's not easy to play eight minutes a night, or seven, and produce. So it's good for me to be down here and to develop as a player, to get better every day."

Linemates only once this season before the weekend, Horak and Baertschi were reunited Friday night against the Toronto Marlies.

Horak recorded the hat trick in a 4-2 win, while Baertschi played the role of set-up man with two assists. Ben Walter also had two assists.

"For sure I like to score goals but … it's exciting when you play with guys like that," said Baertschi, 20.

"It makes you be more of a passer. I like that role and I like to make plays and set up guys. I'm in the perfect situation right now."

The current celebration of youth in the Fraser Valley should add even more hype to the upcoming two-game series against the Oklahoma City Barons at the Abbotsford Entertainment and Sports Centre this weekend.

The Barons feature future stars Ryan Nugent-Hopkins of Burnaby, Taylor Hall, Jordan Eberle and rookie defenceman Justin Schultz, who after three years at the University of Wisconsin was one of the most coveted free agents this past summer.

The crowds — expected to be in excess of 6,000 fans for each of the two games — will also be out.

"I'm interested to see how guys handle this adversity, meaning this type of skill," said Heat head coach Troy Ward.

"These guys want to find out: 'Can I contribute in this environment?'"

CFL

Former coach Matthews says he has cancer

Don Matthews, one of the CFL's most successful head coaches, says he has cancer in his lymph nodes.

Matthews released a statement on Monday saying he will not be participating in any of the festivities surrounding the 100th anniversary of the Grey Cup as he prepares for his fight with the disease.

"I've got this and I'm dealing with this. But I want everyone to know I plan to fight like hell and I intend to be playing golf at this time next year," Matthews said in the statement released by the Toronto Argonauts. THE CANADIAN PRESS

Don Matthews
TORSTAR NEWS SERVICE FILE

CFL

Stampeders' Hufnagel set to make QB decision

Calgary head coach John Hufnagel intends to name his starting quarterback on Tuesday to minimize distraction for the Stampeders before Sunday's CFL West semifinal.

Hufnagel must choose between Drew Tate and Kevin Glenn.

A shoulder dislocation of his non-throwing arm in his second regular-season game, and subsequent surgery, sidelined Tate for 14 of 18 games.

Kevin Glenn threw for 4,220 yards and 25 TDs as Calgary posted a 9-5 record in Tate's absence.

THE CANADIAN PRESS

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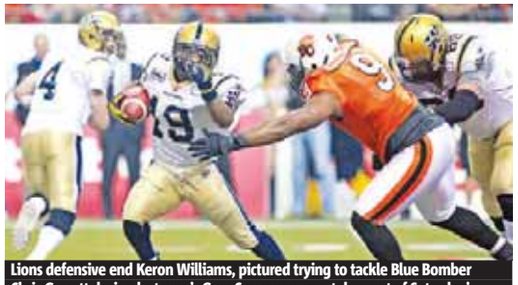
CFL. Lions looking to stay healthy ahead of Western final



Lions defensive end Keron Williams, pictured trying to tackle Blue Bomber Chris Garrett during last year's Grey Cup game, was taken out of Saturday's regular-season finale with a charley horse. JEFF VINNICK/GETTY IMAGES FILE

The B.C. Lions stressed last week the importance of winning their regular-season finale.

They accomplished that over the Saskatchewan Roughriders, but as the game wore on, part of the focus shifted to keeping starters healthy. It wasn't easy.

Defensive end Keron Williams, the league leader in sacks with 12, left the game in the first quarter with a charley horse and didn't return.

"The coaches took the precautionary route. It wasn't worth me going and playing four quarters," Williams said after the game. "I wanted to go back. I'm a competitor but they felt (sitting out) was the right thing to do."

Williams said he will "absolutely" play in the West final on Nov. 18 against the winner of Sunday's semifinal between the Calgary Stampeders and Roughriders.

Offensive lineman Dean Valli also left the game with a knee injury. This, on a night when quarterback Travis Lulay made his return to the lineup from a sore shoulder and slotbacks Arland Bruce and Geroy Simon were held out of action.

Simon has endured two hamstring injuries this season, with the second one causing him to miss three straight games before Oct. 26 against Calgary. Head coach Mike Benevides said there was no concern about why Simon didn't play Saturday.

The Lions return to practice on Thursday. CAM TUCKER/METRO

NHLPA source says plenty of hurdles exist in negotiations

Lockout. Union still needs to see willingness from owners to pay contracts in full, says anonymous player

With optimism rising that a deal to save the NHL season could be within reach, a player on the NHLPA bargaining committee told the Torstar News Service the sides were still quite far apart.

The player, who requested anonymity, said the league still hasn't put anything on paper regarding what appears to be the make-or-break issue: That owners pay players their salaries in full.

"If the league wants to take responsibility (for player contracts) in this 'make whole' thing then we have something to talk about," the player told the Torstar News Service.

"We'll see. We've seen a lot of BS in this process so far. If the owners do take responsibility, then there's movement. But the way this thing has gone so far, we (the players) wouldn't be surprised if they don't.

Quoted

"If this round is serious and if it's not successful, then you really are looking at some version of Armageddon."

Queen's University labour lecturer and former management-side negotiator George Smith on the importance of this week's NHL negotiations

"Right now there's nothing on paper. Hopefully (Tuesday) we see something on paper and we go from there."

As talks to save the NHL season reach a critical stage — the sides were set to meet Tuesday in New York — the fact bigwigs have kept a low profile with no shots of rhetoric aimed across each other's bow had been seen as a sign of hope.

"I think that's the first positive sign that there's some movement towards trying to find a solution, that maybe something could be done without costing the season," said Buzz Hargrove, former president of the CAW and ex-ombudsman of the NHLPA.

"I can see talks are more urgent," said George Smith, a labour lecturer at Queen's University in Kingston, Ont., and former management-side negotiator. "They've each fired off their cannons. Players are in Europe. The owners cancelled the Winter Classic.

"It's like: 'Wow, we've run out of ammunition. We better see if we can do this.'"

TORSTAR NEWS SERVICE

Saints smother free-falling Eagles

New Orleans Saints defensive end Will Smith tackles Philadephia Eagles quarterback Michael Vick on Monday in New Orleans. The Saints won 28-13. PAUL KIEU/ THE LAFAYETTE DAILY ADVERTISER/THE ASSOCIATED PRESS

Drew Brees and the New Orleans Saints picked up a much-needed win.

For Michael Vick and the Philadelphia Eagles, more misery.

Brees threw two touchdown passes, extending his NFL record streak to 51 games, and Patrick Robinson returned an interception 99 yards for a score to lead the Saints to a 28-13 win over the reeling Eagles on Monday night.

New Orleans (3-5), which bounced back from a dismal 34-14 loss at Denver, also got a 22-yard touchdown run from Chris Ivory.

The Eagles (3-5) lost their fourth straight, which is sure to keep the heat on Vick and embattled coach Andy Reid. Vick threw a 77-yard touchdown pass to DeSean Jackson in the third quarter, but that was about the only highlight for the visiting team, which saw Vick sacked seven times.

Not that they didn't have their chances. The Eagles had first-and-goal four times and managed only two field goals by Alex Henery. In fact, they were outscored in those situations, with Robinson going the other way for a touchdown just when it looked like Philadelphia was on the verge of scoring.

Rubbing salt in the wound, Philadelphia squandered a chance to get back in the game with a brilliant trick play on a kickoff return. Riley Cooper laid flat in the end zone, unseen by the Saints, then popped up to take a cross-field lateral from Brandon Boykin.

Cooper streaked down the sideline for an apparent touchdown. Only one problem — Boykin's lateral was actually a forward pass by about a yard, ruining the play with a penalty. THE ASSOCIATED PRESS

Monday Night Football

Saints	Eagles
28	13

NBA

Grizzlies toast new owners with win

Zach Randolph had 16 points and 18 rebounds, Marc Gasol added 22 points and the Memphis Grizzlies capped a day of celebration featuring the introduction of their new owners by beating the Utah Jazz 103-94 Monday night.

Mike Conley added 16 points, Rudy Gay had 15 and Quincy Pondexter 14 for Memphis, which won its second straight this season.

With NBA commissioner David Stern on hand, the Grizzlies also picked up where they left off last season by winning their 12th straight regular-season game and extending their franchise record. They haven't lost at home in regulation since the Jazz beat them Feb. 12.

Stern thanked former Grizzlies owner Michael Heisley before tipoff and helped introduce the Grizzlies' new chairman, Robert Pera.

"The Memphis community has come together to support this team in an extraordinary fashion and guarantee that it's anchored in the Memphis community for many years to come," Stern said.

THE ASSOCIATED PRESS

Memphis Grizzlies centre Marc Gasol passes over Utah Jazz player Al Jefferson on Monday in Memphis, Tenn. LANCE MURPHEY/THE ASSOCIATED PRESS

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Canada's Erik Guay competes during a World Cup super-G event last February in Crans-Montana, Switzerland.
ALAIN GROSCLAUDE/AGENCE ZOOM/GETTY IMAGES FILE

'Canadian Cowboys' get ready to go for another ride

Alpine skiing. Canadian team feels injuries are only thing that can hold it back in new season

Skier Jan Hudec has had seven knee surgeries in nine years, the last one just a few weeks ago.

That doesn't make him much out of the ordinary in this injury-laden sport, where men hurtle down icy hills at 150 km/h in, well, tights. Hudec was actually one of the healthiest of the bunch on the men's alpine ski team last year and was the top Canadian overall on the World Cup circuit, placing ninth in downhill and sixth in super-G.

At one point last season, only three of the six "Canadian Cowboys" were still on the hills. That's the nickname for those who've had a podium finish in the most elite of the alpine-ski disciplines.

Now, as the team prepares for the first World Cup downhill and super-G races in Lake Louise, Alta., on Nov. 24, it's back to full strength — and hoping to keep it that way. It's a world championship year in 2013, after all, and these men desperately want to defend their back-to-back downhill titles.

Canada's Erik Guay is the defending champion from 2011. Teammate John Kucera won it in 2009.

"We have a really great team when everyone is healthy," says Guay. "We have six guys who can be in the top 15 in the world at any given time. You want to have all those athletes around you because it raises your game."

He'll need that. As well as defending his world downhill title, Guay is trying to make Canadian history. With 17 World Cup podiums, he needs just four more to overtake "Crazy Canuck" Steve Podborski's record of 20 set almost 30 years ago.

Kucera is returning after three years off due to injuries and three-time World Cup winner Manuel Osborne-Paradis has been off the slopes for two years with a knee injury and a broken leg. This is Osborne-Paradis' first comeback from injury. But for Kucera, this is an uncomfortably familiar road.

In 2009, he badly broke his left leg in a crash at Lake Louise. Then, in 2011, he broke that same leg when his binding failed and he suddenly found himself with just one ski. Last year, it was a back injury.

"Every time I try to make a comeback I reinjure myself," Kucera says."I'm hoping I've got them all done now."

TORSTAR NEWS SERVICE

Quoted

"It's a fine line. On race day you have to risk just enough. You can't hold back too much."

Invermere, B.C.'s Ben Thomsen on the dangers of ski racing. Thomsen was last season's breakout star, finishing second in a World Cup downhill in Sochi, Russia, in his first year on the national team.

Preparing for danger

Injuries have always been a part of skiing but efforts are being made to reduce them.

- During the summers, there's a focus on strength and conditioning to give racers the best chance of staying healthy and, particularly with younger skiers, there is coaching to help identify when to take risks to gain the fractions of a second that win races and where doing so is more likely to mean a career-ending crash.

Goalie Lacasse has allegiances tested ahead of Four Nations

She hasn't played a complete game yet against the U.S. women's hockey team, but Canadian goaltender Genevieve Lacasse has faced their shooters a lot in practice lately.

Lacasse and seven players on the U.S. national team are teammates on the Boston Blades of the Canadian Women's Hockey League.

Lacasse, from Kingston, Ont., will wear Canadian colours when she sees her American teammates at the Four Nations Cup starting Tuesday in Tikkurila and Kerava, Finland.

"We joke around about it," Lacasse says.

After the 23-year-old was named to Canada's Four Nations roster, she proudly tweeted a picture of her new pads adorned with the Maple Leaf.

Blades teammate and U.S. forward Kacey Bellamy's counter-tweet was: "I'm going to light you up tonight."

"They're giving me a hard time about my gear, but it's all in fun," Lacasse says.

The newest face among Canada's goaltenders is anxious to get in a Four Nations game, whether it's against the U.S., Finland or Sweden.

Canada opens against the Finns on Tuesday before facing the U.S. on Wednesday and the Swedes on Friday. The championship game is Saturday. The Canadians downed Finland 8-1 in a warm-up game Sunday with Charline Labonte in net for the visitors.

The U.S. is the defending Four Nations champion, beating the Canadians 4-3 in a shootout last year in Sweden.

Lacasse made Canada's world championship roster out of selection camp in April, but she didn't dress for any games while Canada won gold in Burlington, Vt.

THE CANADIAN PRESS

Quoted

"She's a big-game player. Her technical skills are really starting to round into form."

Canadian women's head coach Dan Church on goaltender Genevieve Lacasse

Super Series. Russians roll to victory in Quebec

Andrei Vasilevski made 31 saves as the Russian All-Stars romped to a 6-2 victory over Team QMJHL in Game 1 of the Canadian Hockey League's Subway Super Series on Monday in Boisbriand, Que.

Nail Yakupov, Mikhail Grigorenko, Maxim Shalunov, Mikhail Naumenkov, Valentin Zykov and Alexander Khokhlachev each scored for Russia.

Xavier Ouellet and Jean-Sebastien Dea replied for the QMJHL.

After falling behind 2-0 on goals from Grigorenko and Yakupov, Ouellet made a game of it with a power-play goal 2:53 into the second, but Russia then scored three unanswered goals to put the game out of reach.

The six-game series continues Wednesday in Val-d'Or, Que., before moving to the OHL and WHL for two games apiece.

THE CANADIAN PRESS

Game 1

Russia	QMJHL
6	2

Horoscopes

Aries
March 21 - April 20
You are intensely curious about what's going on around you, and that's good. The more you try to understand why certain things are happening, the more likely it is you will be able to turn them into an advantage.

Taurus
April 21 - May 21
As Mercury turns retrograde in the wealth area of your chart today, you must strive to see solutions rather than problems. You may have to make some big changes but in the long term, they will be well worth it.

Gemini
May 22 - June 21
Try not to get caught up in a fight or feud that has nothing to do with you. You may not be the kind of person who stands back while other people get angry but on this occasion, it's by far the best course.

Cancer
June 22 - July 23
You need to look ahead and start making plans, but you must not act on those plans just yet. As Mercury, planet of the mind, turns retrograde today, it may be several weeks before the way ahead is clear.

Leo
July 24 - Aug. 23
You are not always as positive in your outlook as other people think you are and something is certainly bothering you now. Whatever it is, you can be sure it is of only minor importance. Put it out of your mind.

Virgo
Aug. 24 - Sept. 23
You may have to ask for assistance from a friend or family member today. The more you have kept your feelings to yourself in recent weeks, the less likely it is others will know anything is wrong. So tell them.

Libra
Sept. 24 - Oct. 23
As usual, you have lots to say. But as Mercury, planet of communication, begins one of its retrograde phases today, you would be wise to keep some of your more outrageous thoughts to yourself!

Scorpio
Oct. 24 - Nov. 22
This could be a rather confusing sort of day, so you will need to keep your number one goal in mind and in sight at all times. Keep your eyes and ears open, but also keep your head clear of distractions.

Sagittarius
Nov. 23 - Dec. 21
You need to come to grips with certain fears. You need to find ways to limit the hold they have over your life. To start, you need to accept they exist and that means accepting yourself as you are.

Capricorn
Dec. 22 - Jan. 20
Your mind will be wrestling with some pretty deep questions today and throughout the remainder of the week, but they must not be allowed to get in the way of everyday matters. You still have to put food on the table.

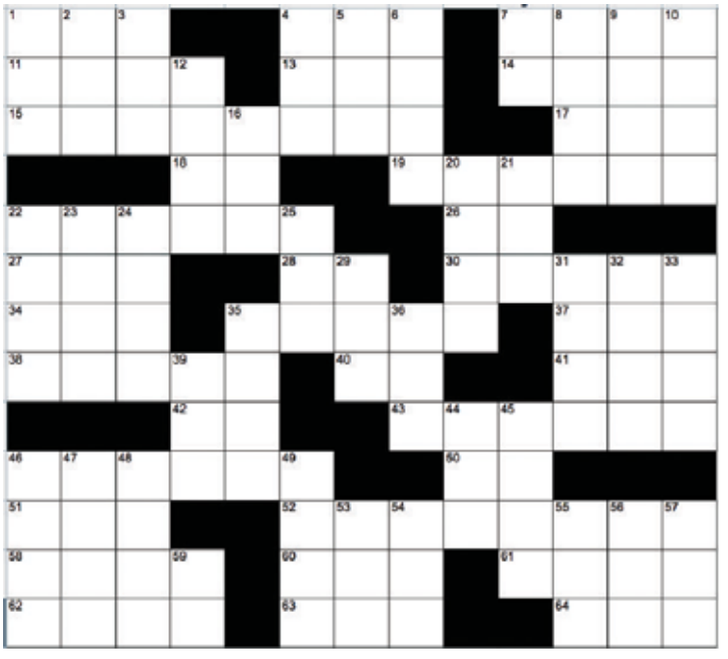
Aquarius
Jan. 21 - Feb. 19
Try to adopt a more light-hearted attitude. Try not to see the world and its problems as your responsibility. You can still find ways to do good but they must be ways that make you feel good as well.

Pisces
Feb. 20 - March 20
You need to be clear in your mind what the difference is between duty and pleasure. Can you find areas where you can do what is expected of you and have fun at the same time?

SALLY BROMPTON

Canadian Crossword

BY BETTY MARTIN



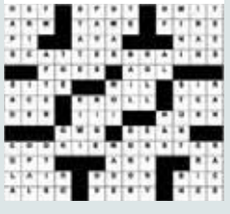
Across

1. The — in the Hat
4. Swiss mountain
7. Dull throb
11. Computer geek
13. Hawaiian garland
14. One who accomplishes
15. Actor or actress
17. Participated in a marathon
18. — and fro
19. Easel boards
22. Corn and Maple
26. Hospital waiting room (abbr.)
27. — Haw
28. Deal – No Deal
30. Railing post
34. Guido's high note (2 words)
35. Put into office
37. Honest President
38. Assign
40. Courtroom figure
41. Tennis and volleyball apparatus
42. Ready – Not
43. Things of value
46. Theatre passageways
50. — Elsewhere
51. Heir, often
52. Family photos
58. This weighs – – (2 words)
60. High card
61. Femur or ulna
62. Cat and dog feet
63. Born
65. Spelling competition

Down

1. Use a knife
2. Fireplace residue
3. Golf gadget
4. MacGraw of "Love Story"
5. Flowery meadow
6. — and needles
7. Commercial
8. Summer veggie
9. — of the Class
10. Sea eagles
12. Letters between Q and V
16. Coke and Pepsi
20. Camping equipment
21. — You Afraid of the Dark?
22. New York stadium
23. Puppy noises
24. Gather
25. Sun God
29. Autumn colour
31. Fade
32. Aid in a crime
33. — Make a Deal
35. Fictional Jane
36. Canadian Automobile Association (abbr.)
39. Computer lingo
44. Supersonic jet
45. Ticket receipt
46. PDQ
47. Small tiny amount
48. Sub-zero precipitation
49. Reach
53. Drink cooler
54. Average grade
55. Pilfer
56. Compass bearing
57. Eye
59. Canadian province (abbr.)

Yesterday's Crossword



What's online

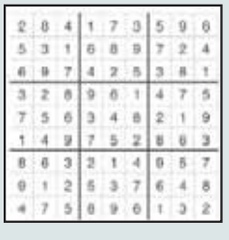
See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

8		4		5				
			9				4	
	9			3		5		
5		7	2		9	4		
	6						2	
		2	5		3	1		9
		8		4			7	
	3				8			
				1		6		3

Yesterday's Sudoku



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